Facilities and Engineering/Environmental Health and Safety Newsletter

Safety Office: (843) 953-4816, 953-6945/Radio: Channel 1 #98 or #99

Date: October 11, 2019

Safety Counter

16

Days Since Last Recordable

(Contusion/Laceration – Staff/Library 9/25/2019)

(Last injury, Contusion - Infirmary)

Safety Stats

3	YTD Campus Recordable Injuries
8.7	RIR Rate (Target: 0.00)
14	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.

Days Since Last OSHA Recordable	
913	Zone Maintenance
354	HVAC
275	Grounds
>1,200	Paint Shop
>1,200	Electrical Shop
>1,200	Motor Pool
>1,200	Carpenter Shop
587	Machine/Plumbing Shop
16	All Other Campus Departments

EMPLOYEE SPOTLIGHT CORNER

The EHS department would like to reserve this section of each newsletter to highlight an employee working at The Citadel. This could include a new employee or an employee who contributed to their department or to the school overall. Wouldn't it be great to put a name with a picture and this section would give all of us that opportunity.

If you have an employee in your respective area you would light to spotlight, please contact the EHS department via email (horr@citadel.edu) and we will reach out to the employee to make sure they are ok and comfortable with their picture and a short bio in the EHS newsletter.

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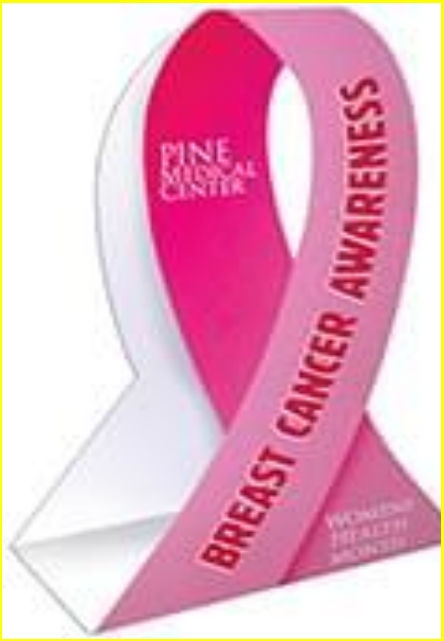
The Pink Ribbon Story

A pink ribbon symbolizes breast cancer awareness. The merging of ribbon and symbolism in the United States came about in two huge leaps. The first occurred in 1979 when a wife of a hostage who had been taken in Iran was inspired to tie yellow ribbons around the trees in her front yard, signaling her desire to see her husband come home again. Step two occurred 11 years later, when AIDS activists looked at the yellow ribbons that had been resurrected for soldiers fighting the Gulf War and turned the ribbon bright red, looped it, spruced it up and sent it onto the national stage during the Tony awards to represent those affected by AIDS. The stage was set for the evolution of the breast cancer awareness ribbon. Susan G. Komen for the Cure® has used the color pink since its inception in 1982. The first Komen Race for the Cure® logo design was an abstract female runner outlined with a pink ribbon and was used during the mid-1980s through early 1990s. In 1990, the first breast cancer survivor program was launched at the Komen National Race for the Cure® in Washington, D.C. The survivors wore buttons that were printed in black and white. Later that year, the survivor program developed, and pink was used as the designated color for Komen to promote awareness and its programs. Pink visors were launched for survivor recognition. In 1991, pink ribbons were distributed to all breast cancer survivors and participants of the Komen New York City Race for the Cure®. Then in 1992, Alexandra Penney, editor-in-chief of Self magazine, wanted to put the magazine's second annual Breast Cancer Awareness Month issue over the top. She did this by creating a ribbon and enlisting the cosmetics giants to distribute them in New York City stores. And thus, the birth of the pink ribbon! In 2007, twenty-five years after its inception, the Susan G. Komen Breast Cancer Foundation changed its name to Susan G. Komen for the Cure. The name change was accompanied by a new brand image. The new logo included a pink "running ribbon" designed specifically for Komen for the Cure. This ribbon signifies the promise Komen Founder Nancy G. Brinker made to her dying sister, Susan G. Komen, to do what she could to end breast cancer. Today, any generic pink ribbon can be used to represent breast cancer awareness.

October is Breast Cancer Awareness Month

The third Friday of October each year is National Mammography Day, which was first proclaimed by President Clinton in 1993. On this day or throughout the month of October, women are encouraged to make a mammography appointment. October 18 is the National Mammography Day in 2019.

A pink ribbon symbolizes breast cancer awareness. Susan G. Komen has used the color pink since the inception in 1982. The first Komen Race for the Cure logo design was an abstract female runner outlined with a pink ribbon and was used during the mid-1980's through early 1990's. During Breast Cancer Awareness Month in October and throughout the year, people wear pink ribbons to honor survivors, remember those lost to the disease and to support the progress society is making together to defeat breast cancer.



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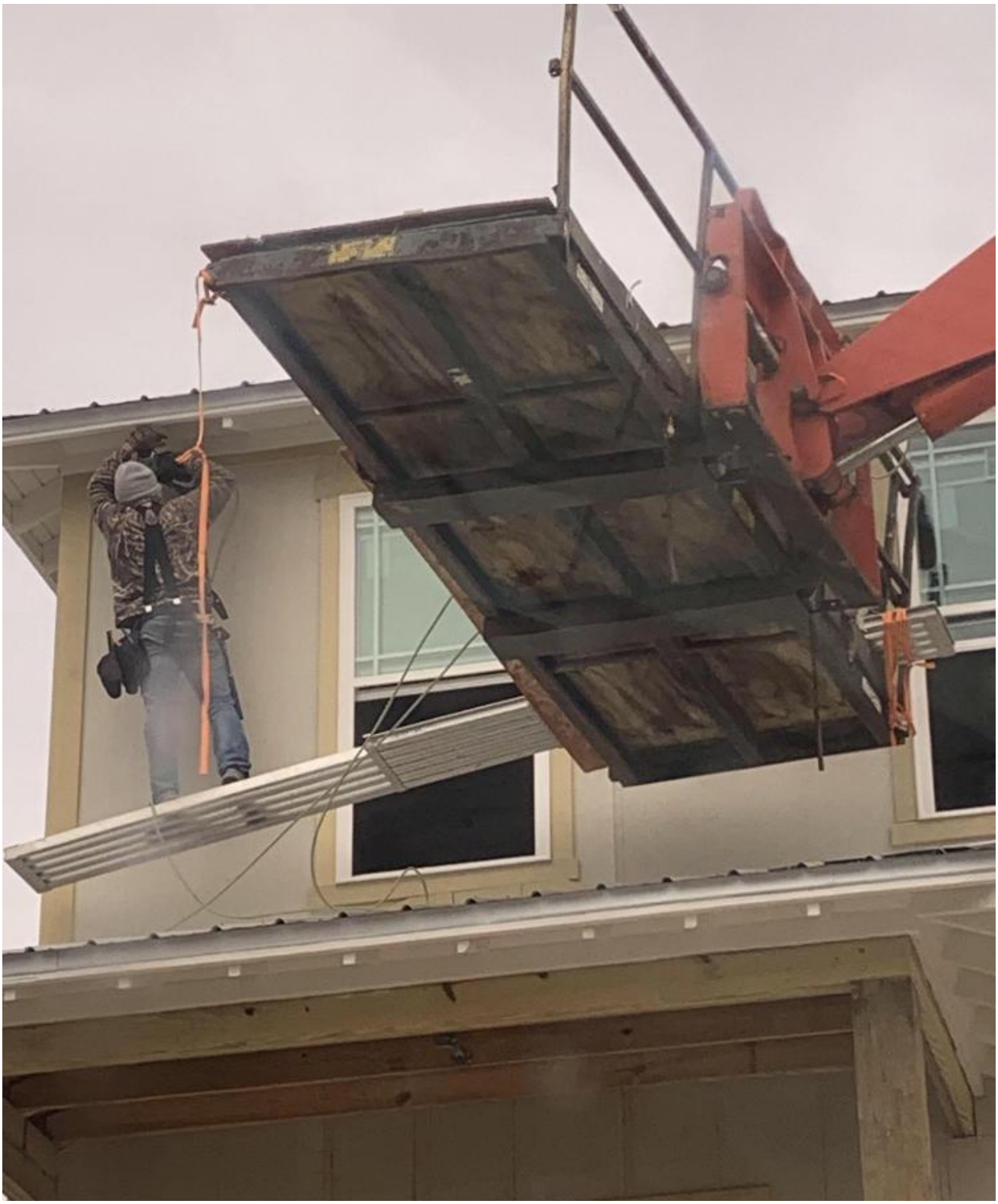
SAFETY PICTURE OF THE DAY



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WHAT TO DO IN CASE OF FIRE OR EMERGENCY IN A CAMPUS BUILDING…

1. Numbers to call in case of a fire or emergency:

A. From a campus (VOIP) phone
- 953-5114 (Citadel Public Safety)
-811 (Citadel Public Safety)

B. From a cell phone
-911 (Charleston 911 Dispatch Center)
-843-953-5114 (Citadel Public Safety)

2. Give the following information:

A. Name
B. Phone Number (Preferably a cell #)
C. Location (Bldg, Room #)
D. Nature of emergency (What is the situation?)
E. Number of Injured
F. Nature of Injuries (How/what is injured?)

DO NOT hang up until told to do so.

3. **ALL PERSONNEL MUST EVACUATE** the building when a fire alarm is sounding. **NO EXCEPTIONS!**

4. Know multiple routes out of your building. DO NOT use an elevator in the event of a fire or emergency.

5. Know where your fire extinguishers are located and what types of extinguishers are available.

6. Only attempt to extinguish a fire if you deem it safe enough and small enough. If in doubt, evacuate.

7. Know where the closest fire alarm pull station is located. Most are located near an exit or door to a stairwell.

8. Consider your co-workers. Provide additional help evacuating to those in need, i.e. injured, handicapped, and elderly.

9. Know where your muster points are located. All facilities should have a primary and alternate muster point to assemble and complete accountability of all faculty, staff and students. Muster points should be far enough away from the building to avoid impeding emergency response vehicles. Primary and alternate muster points should be located away from each other in case one is impacted by smoke, gases, etc.

10. Notify emergency responders of anyone that may still be left in the building and where they may be located.

11. **DO NOT RE-ENTER THE BUILDING** for any reason. Only re-enter the building after being given the **"ALL CLEAR"** by Public Safety and alarms have been silenced.

12. Close all doors in office, administrative and educational buildings after rooms have been evacuated. This is especially important if the room is on fire. Closed doors will help to compartmentalize the building and reduce the spread of fire.

13. Barracks doors will be left open with lights on after evacuation unless the room in question is on fire. That door will be closed. Barracks doors left open are to help assist in the evacuation and accountability process.

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National Hearing Protection Month

S L O E H E P S D E D P W H X

E T U O I T G W A S E A S T C

P X N L R U L R J I C O I D H

E B U E L I M A F O I I C D I

M P I P M Z N B E N B F T M I

L E R N E U V D Q H E R O I N

C A Z S V F R S U L L N A U X

E S O U N D E T Q S I P W O D

T I M S H L R C S T T C N Y P

Y K E G I L U N O N D R D B E

O A A U A O S R I N I Z Y L S

L S C E K J O E A R M U F F S

O W H Z U D P G N I R A E H Y

U S W A I I X Y E K L A E C W

D Q B S L T E A T O B Q S M C

CDC	DECIBEL	EARMUFFS
EARPLUGS	EXPOSURE	HEALTH
HEARING	INDUSTRY	INSTRUMENTS
LOUD	MONITOR	NIOSH
NOISE	OSHA	SOUND

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Hearing Protection Chart

OSHA's Permissible Noise Exposures	
Duration per day, hours	Sound level dBA slow response
8	90
6	92
4	95
3	97
2	100
1.5	102
1	105
0.5	110
<.25	115

What is considered excessive noise?

While the amount of on-the-job noise exposure can be determined through various testing devices, excessive noise is generally defined as exposure to 85 or more decibels of sound over an 8-hour period. According to OSHA, hearing protection is required for all employees at this degree of exposure. This OSHA Action Level, however, will vary depending upon the decibel level of the surrounding environment. For example, if a worker is exposed to 100dB in a 2-hour period, he or she is also required to wear hearing protection. Each hearing protector product is required to meet the ANSI S3.19-1974 testing of NRR levels.

How does NRR change decibels of exposure?

When hearing protection is worn, your level of exposure to noise is based on the NRR rating of the protection device being used. Keep in mind, however, that while the NRR is measured in decibels, the hearing protector being used does not reduce the surrounding decibel level by the exact number of decibels associated with that protector's NRR. For example, if you are at a rock concert where the level of noise exposure is 100 dB and you are wearing earplugs with an NRR 33dB, your level of exposure would not be reduced to 67 dB. Instead, to determine the actual amount of decibel deduction applied (when decibels are measured dBA which is the most common), you take the NRR number (in dB), subtract seven, and then divide by two. Given the previous example, your noise reduction equation would look like the following: (33-7)/2 = 13. This means that if you are at a rock concert with a level of noise exposure at 100 dB and you are wearing a hearing protector with an NRR 33 dB, your new level of noise exposure is 87 dB. If you are wearing a product with an NRR of 27 it would deduct 10. Decibels (27-7/2=10).

*To maximize noise reduction, hearing protectors must be worn properly.

THE POEM:
I Chose To Look The Other Way

I could have saved a life that day,
But I chose to look the other way.
It wasn't that I didn't care;
I had the time, and I was there.
But I didn't want to seem a fool,
Or argue over a safety rule.
I knew he'd done the job before;
If I spoke up he might get sore.
The chances didn't seem that bad;
I'd done the same, he knew I had.
So I shook my head and walked on by;
He knew the risks as well as I.
He took the chance, I closed an eye;
And with that act, I let him die.
I could have saved a life that day,
But I chose to look the other way.
Now every time I see his wife,
I know I should have saved his life.
That guilt is something I must bear;
But it isn't something you need share.
If you see a risk that others take
That puts their health or life at stake,
The question asked or thing you say;
Could help them live another day.
If you see a risk and walk away,
Then hope you never have to say,
"I could have saved a life that day,
But I chose to look the other way."

What constitutes an OSHA recordable injury?

In order for an injury or illness to be recordable, it must be work-related. An injury is considered work-related if an event or exposure in the workplace caused or contributed or significantly aggravated a pre-existing condition.

Generally, a recordable injury or illness under OSHA is defined as one that requires medical treatment beyond first aid, as well as one that causes death, days away from work, restricted workdays, and transfer to another job or loss of consciousness.

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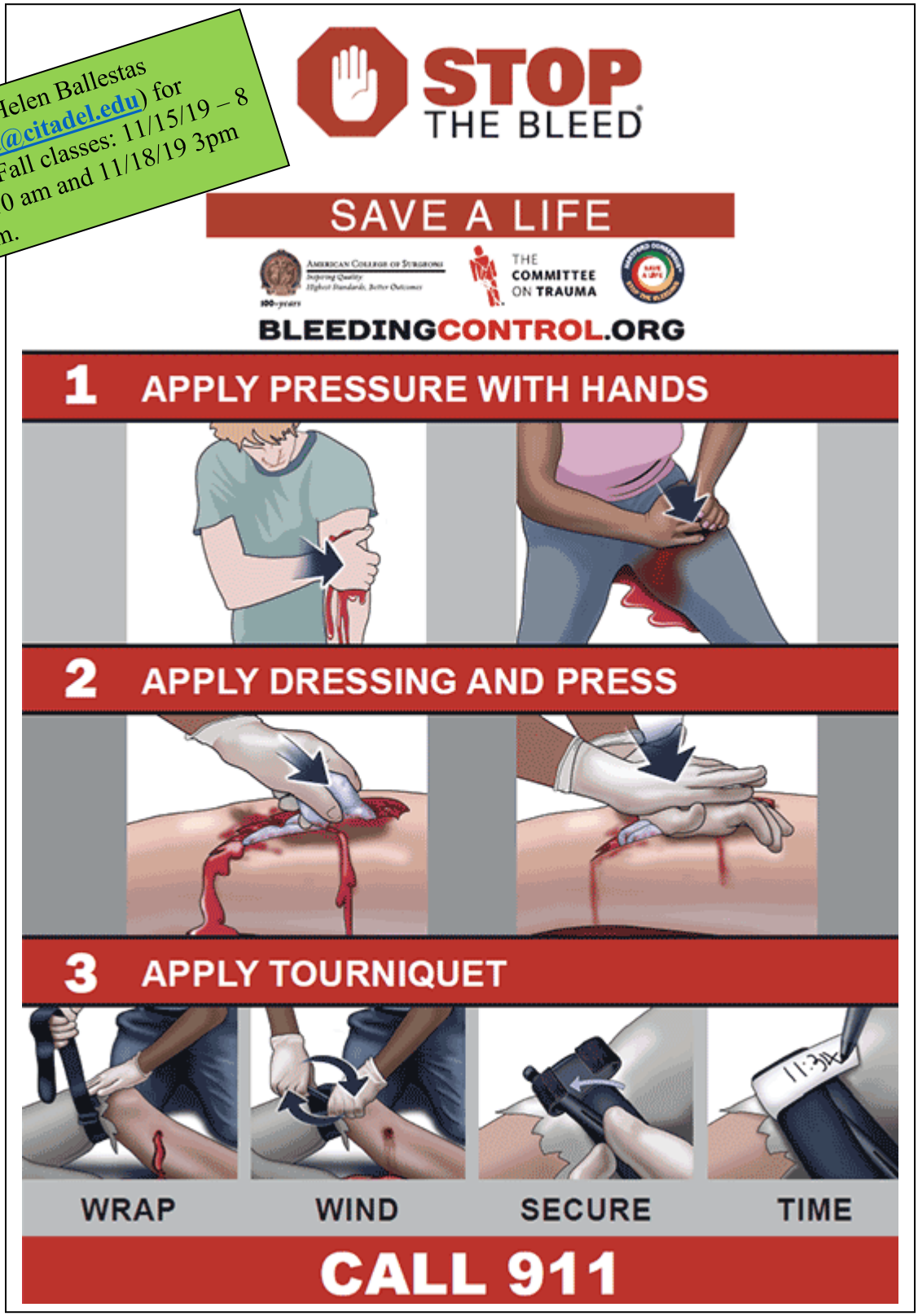
Contact: Helen Ballestas (hballest@citadel.edu) for details. Fall classes: 11/15/19 – 8 am to 10 am and 11/18/19 3pm to 5 pm.



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